



ACKNOWLEDGEMENT



Be Kind, Be Curious, Be Connected...

For further advice and support,
please feel free to contact us.

Helen.Wallace@derbyshire.gov.uk



A book we
recommend...



Create a Feelings Pie

Create a pie or a pizza (wheel) split into different slices. Each slice represents a different feeling we have experienced over the last few months. The slices can be different colours, shapes, sizes and can be represented with different materials/textures.



Acknowledge Sadness and Gladness

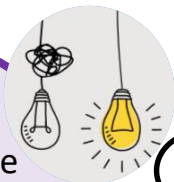
Create a sadness tree and/or a gratitude tree. Encourage the children to add what they have felt sad or glad about during lockdown and the return to school.

Memories

Create a memory jar and encourage children as well as adults to contribute their memories. This could be a photo, drawing, poem, piece of writing etc. Dedicate time each week to share memories together.

You could even create a **time capsule** 😊

Create a class or a school **collage/piece of artwork** where everyone contributes to one final piece to acknowledge this time in history.



I feel angry or
confused more
often than I used
to...

I don't know who
to tell that I am
worried.

I don't
want to talk
about it.

I don't like
things being
different



PUPILS

Help to Keep Things in Perspective

Use reflective questions to help
keep worries in perspective;
"What advice would you give your
friend if they were in that
situation?"
"Is that worry a fact or a feeling?"

